

# restore balance this morning

our SuperFoods breakfast menu features revitalizing dishes made from powerhouse ingredients rich in nutrients, antioxidants and delicious taste so you can start your day feeling recharged.



## superfoods\*\*

blueberries	tomatoes	nuts
oranges	yogurt	oats
apples	honey	salmon

## essential breakfast

### continental breakfast

oatmeal, cold cereal, granola, yogurt, whole and cut fresh fruit, milk, sliced cheeses and cold cuts, smoked salmon with an assortment of breakfast breads and pastries 15.99

## superfoods

### steel cut oatmeal SuperFoods Rx

mccann's irish oatmeal, fresh strawberries & blueberries, raisins, brown sugar 4.99

### smoked salmon SuperFoods Rx

toasted bagel, silky tofu and haas avocado, micro greens, grape tomatoes and capers 15.99

### fresh fruit plate SuperFoods Rx

seasonal fruits and berries, low fat yogurt, low fat cottage cheese 14.99

### granola pancakes

with blueberries, orange, ground flax seeds, citrus berry compote 15.99 SuperFoods Rx

### scrambled egg, turkey and cheddar wrap

rolled with hass avocado in a soft whole wheat tortilla, rosemary red-skinned potatoes and salsa 15.99 SuperFoods Rx

### egg white omelet

with broccoli and roasted roma tomatoes, cheddar cheese, rosemary red-skinned potatoes or spring salad 15.99 SuperFoods Rx

## invigorate

### assorted cold cereals

raisin bran, special k, smart start, fruit loops, frosted flakes, granola or rice krispies 4.99 add bananas or strawberries, 1.99

### toast

choice of white, whole wheat, rye, sourdough toast 1.99

### basket of bread

assorted danish and muffins 8.99

english muffin or bagel with cream cheese 2.99

## rejuvenate

freshly squeezed orange, grapefruit, apple, v8,

pineapple, tomato, prune or cranberry juice 3.99

chilled seasonal fruit 6.99

### berry parfait

layers of berry yogurt and crunchy granola 5.99

### low fat yogurt

plain, mixed berry, peach or blueberry Greek yogurt 1.99

banana and mixed berry smoothie 6.99

## indulge

### ultimate breakfast buffet selections may vary

market fresh fruit selections including seasonal melons and berries, plain and fruit flavored low-fat yogurt, steel cut oatmeal, selection of cold cereals and milk, smoked salmon, bagel bar and assorted breakfast pastries, scrambled eggs, roasted red potato wedges, country style sausage, applewood smoked bacon, buttermilk biscuits and country sausage gravy and our chef's daily featured item 17.95

### american breakfast

two eggs any style, our rosemary red skinned potatoes or stone ground grits and your choice of breakfast meat, toast and orange juice 16.99

### eggs benedict

poached eggs, canadian bacon on a toasted english muffin, hollandaise sauce, rosemary red-skinned potatoes or stone ground grits 16.99

### belgian waffle

malted waffle, your choice of plain, pecan or chocolate chip with mixed berry compote and your choice of breakfast meat 15.99

### buttermilk pancakes

your choice of plain, blueberry, banana, pecan or chocolate chip with mixed berry compote and your choice of breakfast meat 15.99

### french toast

dusted with powdered sugar with mixed berry compote and your choice of breakfast meat 15.99

### three egg omelet

three eggs with your choice of three items: ham, bacon, turkey, spinach, green onions, bell peppers, mushrooms, tomatoes or cheddar cheese, feta cheese, black olives with rosemary red-skinned potatoes or stone ground grits and toast 15.99

### corned beef hash and eggs

corned beef hash, two eggs and rosemary red skinned potatoes and toast 16.99

## revive

starbucks coffee or tazo teas 4.99

cappuccino or latte 4.99

espresso 3.99

whole milk, 2%, skim or soy milk 2.99

## options

### breakfast meats

applewood smoked bacon, turkey sausage, country sausage, canadian bacon, grilled ham 6.99

rosemary red skinned potatoes 4.99

short stack pancakes 7.99

two eggs

consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

\*\*these nutritional powerhouse foods can help to extend your health span - the extent of time you have to be healthy, vigorous & vital"

Dr. Stephen Pratt, author of SuperFoods Rx: fourteen foods that will change your life